

FAMILYDECODE · FREE PRINTABLE

Toddler Behaviour Decoder

Behaviour is communication. Track the A-B-C to find the real need behind it.

- A = what happened before
- B = the behaviour you saw
- C = what happened after

Decode the Behaviour

Fill a row each time. After a few days, look for the pattern in column A.

A (Antecedent): what happened just before? B (Behaviour): what did your child do? C (Consequence): what came next / helped?

Time	A - Before	B - Behaviour	C - After	Possible need

Spot the Pattern

Once you have a few rows, answer these together as parents.

What situations came up again and again in column A? (hunger, tiredness, transitions, too much stimulation?)

What was my child likely needing or feeling underneath the behaviour?

What in column C actually helped calm things?

One small change we'll try before the next tricky moment:

FAMILYDECODE

You've got this.

This is one of 30+ free FamilyDecode printables made to take one hard family moment and make it a little easier.



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